

PACK for a PURPOSE®

Small Space. Little Effort. Big Impact.

Tour Company

Cape Town – with Wilderness Touring

Project

Iliso Care Society is situated in Site C in the township of Khayelitsha. ICS was initiated by Mrs. Vivian Zilo in June of 2005. With the help of four other women, she began providing services to her community

The society started out as a soup kitchen, but expanded to include helping schoolchildren and providing safety and care for orphans and vulnerable children.

Further, the society also organizes workshops for youth and a safe home program.

In addition, an orphanage was established which accommodates four to five children from impoverished families who ask Vivian for support. An early child development teacher educates and cares for the children.

Children are housed for a few months and then sent to foster homes if possible.

Needs

General School Supplies:

Book Bags, Colored Pencils, Crayons, Erasers, Glue Sticks, Handheld Pencil Sharpeners, Markers, Pencils, Pencil Cases/Bags, Pens, and Rulers

Reference Materials:

(English) Dictionaries and Encyclopedias

Wall Charts:

(English) Human Body, Language, and World Maps

Text/Reading Books:

(English) Age Appropriate Story Books

Educational Games/Toys:

Stuffed Animals/Soft Toys



Art Supplies:

Craft Scissors and Watercolor Paints and Brushes

Sports/Outdoor Activity:

Inflation Pumps, Jump Ropes, Netball/Basketballs, and Soccer Balls

First Aid/Health:

Antibiotic Ointment, Band-Aids, and Plastic Gloves

Clothing/Shoes:

Aprons for Kitchen and Painting, Hats for Gardening, New or Gently Used Children's Clothing and Shoes (*We are specifically requesting The Shoe That Grows*), and New Underwear

Linens:

Bath Towels, Bed Linens, Light Blankets, Linen Sets, and Pillows

Kitchen:

Plastic Serving Bowls, Plastic Serving Cups, and Plastic Serving Plates

Health/Personal Grooming:

Bars of Soap, Combs, Deodorant, Hair Brushes, Hair Pins and Elastic Hair Bands, Hand Cream, Multivitamin Tablets, Sanitary Napkins, Shampoos, Tampons, Toothbrushes, Toothpaste, Vaseline, and Washing Powder

All the needs are current as of May 14, 2015



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How to Pack

Pack for a Purpose provides travelers with the current information they need to bring requested supplies for community-based projects around the globe. When you bring your selected supplies you can drop them at your lodging knowing they will be delivered directly to the project.

When you Pack for a Purpose, please bring only the specific items requested by the community-based projects. This is what is needed and will be greatly appreciated. The lists have been well researched and unrequested items, even with the best of intentions, are largely inappropriate for the communities and are likely to have little short and no long term benefits for them.

Candy and balloons are not on the needs list as they are harmful for the children and the environment for the following reasons:

- Few of the children benefiting from these projects have access to toothpaste, toothbrushes, or a dentist. The candy promotes cavities.
- The balloons once they become deflated are a choking hazard for local wildlife.

Instead of bringing candy or balloons, use that space for additional requested supplies, as they are priceless.

Before You Pack:

Check with your airline and travel agent to determine the current luggage allowance to your destination.

For Custom rules and regulations, check with the Embassy from the country you plan to visit. Or you can check with the specific lodging/tour company that you plan to stay at or use. They should be aware of the current rules at the specific time you are traveling.

School Supplies:

The following new items should be taken out of their original packaging and placed in the lightest possible plastic or fabric resealable bags: pens, pencils, erasers, individual pencil sharpeners, solar calculators and protractors.

The following items should be kept in their original packaging to prevent breakage: crayons, chalk and colored pencils. Plastic and wooden rulers should be wrapped in bubble wrap to



prevent breakage. Games such as Scrabble®, Connect Four®, Dominoes® and Bananagrams® should be left in their original packages.

Medical Supplies:

Be sure to check the customs regulations of the country you are visiting if you plan to bring any requested medications, as what is allowed varies by country. Even “over the counter” medications may not be allowed in some countries. Any medicines that you bring should have an expiration date at least 8 months after the time you are bringing them.

Expensive items such as stethoscopes, blood pressure cuffs, etc., should be put in plastic or fabric resealable bags and *packed in your carry-on luggage*.

The following new items should be taken out of their original packaging and placed in the lightest possible plastic or fabric resealable bags: Band-Aids, bandages and any other items where the weight would be reduced by eliminating the original packaging.



Soccer Balls:

Soccer balls should be deflated by moistening an inflation needle and carefully inserting it into the valve. After the needle is inserted, gently apply pressure to the ball until the ball is deflated. Remove the needle and tape it to the deflated ball. The deflated balls can be stacked to save space or soft items such as socks can be positioned in the cavities. Each deflated soccer ball will weigh about 1 lb. (.45 kg). For your convenience, pack all items so they can be easily located within your luggage and dropped off when you arrive at your destination.

Print out this card and include it with your package:



Download and print this sign out, take a selfie photo with it and share with your friends and us via social media:

